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Dreams do come true at this adult summer camp. 11

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JULY 19

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Kimberly Snyder's weight-loss secrets. 13

Blac Chyna speaks out against attacks. 9

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Glen Macnow explains why Joel Embiid is a Philly treasure, just the way he is. 14

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TRUMP BACKTRACKS ON CYBER UNIT WITH RUSSIA

1 President Donald Trump backtracked on his push for a cybersecurity unit with Russia, tweeting that he did not think it could happen, hours after his proposal was harshly criticized by Republicans who said Moscow could not be trusted. Trump said on Twitter early on Sunday that he and Russian President Vladimir Putin discussed on Friday forming "an impenetrable Cybersecurity unit"

to address issues like the risk of cyber meddling in elections. The idea appeared to be a political non-starter. It was immediately scorned by several of Trump's fellow Republicans, who questioned why the United States would work with Russia after Moscow's alleged meddling in the 2016 U.S. election.

TRUMP JR. HIRES LAWYER FOR RUSSIA PROBES

2 Donald Trump Jr. has hired a lawyer to represent him in Russia-related investigations, his office and the lawyer said, as Republicans voiced concern about a meeting between the U.S. president's son and a Russian. Trump Jr. hired New York lawyer Alan Futerfas, who specializes in criminal defense. Futerfas would not say when he was retained or whether he played any part in the statements Trump Jr. made over the weekend about a meeting with a Russian lawyer. Trump Jr. met the Russian, Natalia Veselnitskaya, in June 2016, during the presidential election campaign, at Trump Tower in New York. He has said he agreed to meet Veselnitskaya, described by The New York Times as having links to the Kremlin, after being promised damaging information about presidential candidate Hillary Clinton.

MUSK TWEETS PICTURES OF FIRST MODEL 3

3 Tesla Inc. Chief Executive Elon Musk tweeted pictures of the first Model 3 sedan to roll off the assembly line. Tesla board member Ira Ehrenpreis was the first to put down a $1,000 deposit on the Model 3 and gifted the car to Musk for his 46th birthday, Musk said in a tweet. Musk has high hopes for the $35,000 Model 3, aimed at the mass market, and expects the rollout to help the

company deliver five times its current annual sales volume. Tesla's shares have taken a beating in the last few weeks, as investors have become increasingly concerned that demand for the company's existing Model S sedan is weakening.

CELEBRATION

4 Members of the Iraqi forces celebrate in the Old City of Mosul on Monday after the government's announcement of the "liberation" of the embattled city from Islamic State (IS) group fighters. GETTY IMAGES

TRUMP'S ELECTION PANEL IS TOO SECRET

5 The American Civil Liberties Union filed a lawsuit against President Donald Trump's election commission on Monday, saying it had failed to follow federal law governing public access and transparency for such advisory groups. The ACLU said in a statement that the Presidential Advisory Commission on Election Integrity had already held its first meeting without giving any notice and that its upcoming meeting would only be available via webcast. The commission last week said it would meet on July 19 in Washington near the White House. Representatives for the White House did not immediately respond to a request for comment. The lawsuit, filed in the U.S. District Court for the District of Columbia, alleges violations of the Federal Advisory Committee Act, which seeks to ensure transparent government operations.

WELCOME TO METRO.US!

ERIN TIERNAN, WEB REPORTER

There's now a vending machine for pot, booze, handguns, you name it — and we're pretty sure it's safe to say the future has arrived. The so-called "smart vending machine" was developed by cannabis tech company American Green with pot in mind, but it's up to vendors what they put inside.

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Jimi Tar Patrick, left, and Dean Finocchiaro of Middletown are among the four missing men. PROVIDED

Police search for missing Bucks Co. men continues

Cops are looking for information about four friends who all recently went missing.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

Law enforcement officials in Bucks County are continuing an ongoing search for four men who have gone missing—one of whom hasn't been seen or heard from since last Wednesday.

As reported by the Bucks County Courier Times, the four missing men—all friends—are: 22-year-old Mark Sturgis of Pennsburg, Tom Meo, 21, of Plumstead, Dean Finocchiaro, 18, of Middletown and Jimi Tar Patrick, in his late teens, of Newtown Township.

According to the Newtown Township Police Department, Patrick, the youngest of the missing men, has not been seen or heard from since about 6 p.m. on Wednesday, July 5.

"He has had no contact with his family or friends and he has not shown up for work—all of which is not normal for Jimi," law-enforcement officials wrote.

In a note on its Facebook page, the Middletown Township Police Department said that Finocchiaro has been missing from his home in the Hampton Bridge section of Langhorne since about 6:30 p.m. on Friday, July 7.

He was last seen getting into a vehicle on Hampton Drive, police in Middletown said.

According to Fox29, both Meo and Sturgis were reported missing Sunday. That story also notes that a vehicle owned by one of the men was discovered in a garage at an "apparently abandoned home" along Aquetong Road in Solebury, while Sturgis' vehicle was found in the parking lot of Peddler's Village store about a mile and a half from the first vehicle.

Patrick has been described by police as a white male about 5 feet 10 inches tall and weighing about 150 lbs. He was last seen wearing a polo shirt with a multicolored design. Law enforcement officials described Finocchiaro as standing about 5 feet 9 inches tall while, weighing about 150 lbs., with brown hair and hazel eyes.

> *"He has had no contact with his family or friends and he has not shown up for work – all of which is not normal for Jimi."*
>
> A statement from law-enforcement officials

Anyone who may have knowledge of the whereabouts of these individuals is asked to please contact the Bucks County Police Radio Dispatch at 215-598-7121.

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Staying whole? Organic giant Whole Foods' buyout causes customer speculation

Philly die-hard Whole Foods customers wonder what Amazon buyout means for grocery chain's identity.

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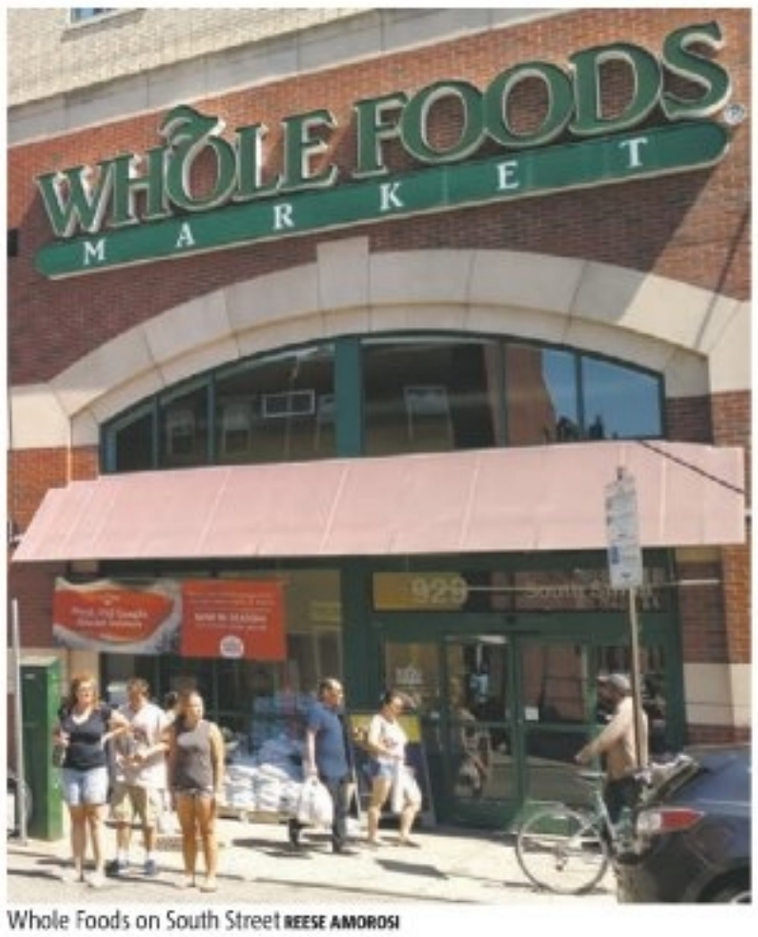

Whole Foods on South Street REESE AMOROSI

When Amazon moved to acquire Whole Foods for $13.7 billion after a long spring of negotiations (as well as nitpicking threats and overall meanness, as discovered in its SEC filing, made public July 7), first reactions from fellow grocery chains were a fit of pique and necessary action. Giant announced a partnership with Instacart Inc. — an on-demand grocery food-delivery service — to offer same-day delivery in the Philadelphia region.

The U.S. supermarket chain Albertsons had reportedly also sought to buy Whole Foods (as did three other chains), but Amazon had forever sought after a strong grocery outlet to complete its online world (and offline brick-and-mortar) domination of culinary goods and services for low prices (take that, Walmart) after long failing to do so.

And it's true that Whole Foods was looking to be bought. Its positive organic branding but negative image of overpriced goods, true or false, was reportedly not doing gangbusters, and it sought other suitors in e-commerce and beyond. Additional bidders can still make higher offers to Whole Foods between now and the shareholders' next voting meeting this autumn, but it would cost Whole Foods $400 million, an amount Recode.com humorously called "a break-up fee."

Rather than talk with the suits at Amazon and Whole Foods (who aren't talking), it is the audience of daily shoppers — devotees who make going to Whole Foods a way of life – who will be most affected by the potential buyout. Metro asked them what they think the Amazon buyout of Whole Foods means and what they hope for a result.

Celine Boyle Mieloch
Personal chef
Whole Foods, 929 South St.
"Whole Foods does not sell products with high fructose corn syrup or hydrogenated oils. They sell responsibly sourced meats and seafood, and locally grown produce when possible. My hope would be that that will not change, instead of starting like that and then slowly bringing in cheaper, less healthy foods to increase profits."

Dylan Dellobuono
Teacher
Whole Foods, 2101 Pennsylvania Ave.
"Whole Foods is a place I actually like going to, but there are less people shopping at brick-and-mortar shops, and more people shopping online. I think the deal should work out, but I really hope that my Whole Foods remains the same."

Beth Ann Kessler
Interior designer
Whole Foods, 929 South St.
"I think Amazon wanted to increase its physical retail presence, and the owners of Whole Foods got to cash out. Now Amazon can say it even carries food from A to Z. My hope would be that all the organic food I like to purchase will be more abundant and at a lower price, thus changing the retail food industry. Those who ordinarily may not consider buying organic food due to normally higher prices than conventional food may choose to purchase it now. If the demand is there, the supply will increase. I can wish, can't I? Food quality is really important to me. It comes with my years of macrobiotic study."

Garrett Elwood and Liz Tily
Husband and wife /realtor and nurse
Whole Foods, 500 W. Germantown Pike
Garrett: "It will be interesting to see what value Amazon brings to the Whole Foods shopping experience. I know that, so far, no internet-based business has been able to be successful in the grocery sector. I remember Priceline's failed attempt years ago."
Liz: "I shop there for their quality and standards. If that is compromised, I'll go elsewhere. Their business philosophy jives with how I conduct my life, and if that is altered, I will reassess where I spend my money."

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The suspects' vehicle, indicated with a red arrow in this image from authorities, is being sought by law enforcement officials. PPD

Police seek suspects' vehicle in paintball shooting of transgender women

Authorities believe the incident was a random attack.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

Philadelphia police released video of a dark-colored car believed to be responsible for an aggravated assault last week in which transgender women were shot by paintballs in Southwest Philly.

From the video, law enforcement officials shared images of what they believe is the vehicle responsible for this incident, shown a few moments before the paintball assault began.

According to police, the incident occurred at about 4:20 p.m. on Thursday, July 6, when three women, aged 31, 34 and 37 — whom Philly.com described as transgender — were sitting on a porch along the 5000 block of Woodland Avenue in Southwest Philadelphia.

At that time, police said, four black males pulled up along the street in a dark-colored sedan — possibly an Infiniti with silver window trim and bearing a partial license plate — and aimed a paintball gun at the women.

Two individuals on the porch were hit by paintballs, as well as two other people on the street, police stated.

In the surveillance video, the vehicle that police believe is involved in the incident can be seen just before the later incident as it traveled down 51st Street before turning left onto Woodland Avenue.

Also, as noted on Philly.com, the incident may be connected to a paintball shooting that happened a little earlier that day, when at about 4 p.m., a couple walking near the intersection of 42nd Street and Baltimore Avenue was shot at by paintballs from what may have been an Infiniti vehicle.

Investigators first believed the transgender women were targted, but they now believe it was a random attack, 6ABC reported.

Police are still investigating the incident, and they asked anyone who might have information about the incident to call 215-686-TIPS (8477) or text a tip to PPD TIP or 773847.

SHKRELI TRIAL

Investor says Martin Shkreli reminded him of 'Rain Man'

An investor in Martin Shkreli's hedge fund testified on Monday that the former drug company executive, now on trial for securities fraud, reminded him of Dustin Hoffman's autistic character in the movie "Rain Man."

Schuyler Marshall, chairman of the board of real estate company Rosewood Corp, said under cross-examination that he was not claiming Shkreli was autistic.

"The reference here was that this was just an intensely focused, bright guy who knew his stuff," Marshall told jurors.

Shkreli, 34, gained notoriety in 2015 when he raised the price of a life-saving drug by 5,000 percent as the chief executive officer of Turing Pharmaceuticals.

Marshall's testimony fit into the picture that Shkreli's lawyer painted in his fiery opening argument of Shkreli as a socially awkward "nerd" who was bullied and manipulated by others.

The trial, now in its seventh day, is expected to last up to six weeks. REUTERS

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Detective: Penn State fraternity spent $2,000 on alcohol before death

Timothy Piazza died after a hazing ritual at a Penn State frat. PROVIDED

Court case continues for fraternity brothers allegedly involved in a fellow student's death.

Members of a Pennsylvania State University fraternity spent more than $2,000 on alcoholic beverages for four membership events that culminated in the death of a 19-year-old student in February, a police detective said on Monday.

Detective David Scicchitano of the State College Police Department testified about the purchases at the continuation of a preliminary hearing for 16 of the Beta Theta Pi fraternity members who are charged in the death of Timothy Piazza.

Eight of the accused face felony aggravated assault charges that could put them in prison for many years. The rest are charged with various misdemeanor offenses, including involuntary manslaughter.

"They were obtaining a lot of alcohol," Scicchitano said, "a very large amount."

Most of the alcohol was intended to get the prospective new members intoxicated quickly, the detective said, citing conversations with the accused students and a review of their phone texts.

The activities were illegal under state law and violated university policy, in part because the pledges were under the legal drinking age of 21 in Pennsylvania.

Piazza suffered severe head injuries and injuries to his spleen on Feb. 4, leading to his death two days later.

A surveillance video shown at the start of the hearing on June 10 showed the student staggering through the fraternity house and repeatedly falling down.

Scicchitano said receipts show the $2,000 was spent at two state liquor stores and a beer distributor.

The pledge events at the fraternity included a beer and cigar night and a "crate race" in which teams of pledges competed to finish off bottles of beer and vodka and boxes of inexpensive wine. An event called "the gauntlet" required pledges to participate in more heavy drinking.

"They were obtaining a lot of alcohol," Scicchitano said, "a very large amount."

Scicchitano's testimony at the June 10 hearing established that Piazza's blood alcohol was above 0.30 percent at one point in the evening, or nearly four times the legal limit for drivers of 0.08 percent.

Magisterial District Judge Allen Sinclair will decide at the conclusion of the hearing whether the 16 defendants, and two others who waived preliminary hearings, will have to stand trial on the charges in Centre County Court of Common Pleas.

REUTERS DOMESTIC NEWS

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There's now a vending machine for pot, booze, handguns, you name it — and we're pretty sure it's safe to say the future has arrived.

The so-called "smart vending machine" was developed by cannabis tech company American Green with pot in mind, but Stephen Shearin, a consultant to the company, said it's up to vendors what they put inside.

Thanks to biometric technology, American Green's vending machine has eliminated the need for a human to check an ID and verify someone's age when they're looking to indulge in some adult vices.

This "smart" vending machine was built to sell pot, but, really, it could sell anything. AMERICAN GREEN

But first, you'll have to register with the vending machine. To do that, you need a valid ID and an email address, and you do need a human to verify your ID and let you in the system — for now, at least.

Once you're registered, then come the biometrics.

It feels as if the machine is taking your fingerprint, but it's actually a biometric vein scanner that scans and saves your vascular architecture — it's a reading just as unique as a fingerprint, but not as easily fooled.

Once a customer's biometrics are registered, they can use the machine to make purchases. Shearin said the possibilities are endless — picture a baseball fan buying a beer at a crowded game, or a hunter grabbing bullets early in the morning before he heads out in search of game.

Shearin said the company hasn't come up against any legal challenges, but he's prepared if he does. He argues the machine is safer than a traditional point-of-sale store.

"The biometric we use is something the military uses to authorize people to walk through gates all around the world," he said. "You really can't argue with that."

Encased in steel and equipped with alarms, the smart vending machine is better guarded against would-be thieves, Shearin says.

American Green has been working on the machine for the better part of a decade. Shearin called the smart vending machine's initial launch in 2013 an "epic fail."

"The adoption of smartphones, familiarity with apps on those phones, and improvement in related vending technologies have now merged with a concept that the public could easily grasp before but are much more prepared to use now," said David Gwyther, chairman and acting president at American Green, in a statement.

The company now has 22 machines built. Three more — two in Alaska and one in Oakland, California — will go online next week in local dispensaries.

Technology like this doesn't come cheap, though. To outfit your establishment with a smart vending machine, you'll have to ante up about $20,000 for the machine, plus $500 a month that pays for what Shearin calls the "AppleCare concept," which covers any repairs and updates.

"It sounds like big numbers, but when you do the cost-benefit analysis over few years, the daily expense is really worth it," he said.

The smart vending machine tallies inventory, tracks all sales and even who purchased what, all features Shearin said are attractive to the regulatory agencies who oversee cannabis and gun sales.

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Blac Chyna speaks out

Last week, a sock entrepreneur named Rob Kardashian took to Instagram to — how do the kids say — put ex-fiancee Blac Chyna on blast. He posted her nudes! It was a hot mess.

Now, Chyna is speaking out.

Before being awarded a temporary restraining order against Kardashian on Monday, the 29-year-old opened up in an ABC News interview that on "Good Morning America." "He doesn't respect me," she said. "So, if you can't respect me, you have to respect the law."

She continued: "I was devastated, of course. I'm like, 'How could somebody, like, post these pictures of me?'" she said. "This is a person that I trusted. I just felt betrayed."

No word from the Kardashian clan yet, but People says Kris and her minions are pissed. A source tells the mag that they are "deeply disappointed and frustrated with Rob." So there's that. The youngest Kardashian is still, definitively, the worst.

And she wore her most professional wig, too.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

People are mad that Patton Oswalt is remarrying

Patton Oswalt, an actor and stand-up dude who just so happens to do stand-up comedy, is clapping back at some Twitter trolls for being all up in his business.

News recently broke that 15 months after the unexpected death of his wife, Michelle Eileen Mcnamara, the 48-year-old was newly engaged to another lady with brown hair, Meredith Salenger.

But some people in the Twitter universe were unhappy with his decision. "Wife dies in her sleep and he's married a year later? Nope!" said one random person. Another wrote, "Like good for them and all but, personally, I'd like to be mourned for more than a couple months."

Oswalt responded in turn, calling his trolls "bitter grub worms," which is a pretty tight insult if you ask me.

I suppose it's true what the wise elders say: Some people just have too much damn time on their hands.

the word

RACHAEL VAUGHAN CLEMMONS
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Chris Evans' dog is fine

Chris Evans fans had a complete meltdown over the weekend thanks to a seemingly somber tweet by the "Captain America" star.

The 36-year-old actor shared a photo of his dog, Dodger, accompanied by the caption "really missing this guy right now," which led some folks to believe the worst.

Evans' followers were pretty emotional over what they thought was an awful moment and flooded his Twitter page with condolences. Evans eventually chimed in to assure everyone that Dodger was doing fine. The best buds are just going to be separated for a few months as Evans films his slate of flicks.

The Internet was pretty worried.

Needless to say, his fans were happy to hear that Dodger is a good boy. Even "Neighbors" actor Seth Rogen was relieved over the situation, admitting that the whole thing got him emotional. "F—k dude I was like crying," he wrote on Twitter.

Same, Rogen. Same.

MATT JUUL

Simone Biles does not suffer fools

Yes, this again: An anonymous internet person is taking on Simone Biles. And let me tell you something, honey: Simone does not have the time.

The 20-year-old Olympic gold medalist posted a picture of herself straight chilling in oversized sunglasses with a drink in her hand. "Resting beach face," she wrote. It was pretty cute, honestly.

But then, oh, but then. A commenter left their opinion and it was rude AF. "Seems like u have partied non stop for a year #trash #unfollow #suckya** role model," the Instagram user wrote.

This woman truly knows the art of decimating trolls.

Anyway, Biles did what any sane person would do: She posted the person's reaction on Twitter and called them out on being the worst.

"Talk to me when you train for 14 years and earn 5 Olympic Medals," Biles wrote. "I think kids would say otherwise. My year off is well deserved! Take a couple seats."

Couldn't have said it better, girl.

Keegan-Michael Key: Obama's anger translator wouldn't survive Trump's presidency

The "Key & Peele" star opens up about the right to protest and Netflix series "Friends From College."

MATT JUUL
@RunTheJuuls
matthew.juul@metro.us

Things get complicated for Keegan-Michael Key in "Friends from College."
BARBARA NITKE / NETFLIX

Life after graduation gets messy for Keegan-Michael Key and the cast of Netflix's new comedy "Friends from College."

The "Key & Peele" star plays a Harvard-educated author named Ethan who's struggling to keep his career and marriage together after moving back to New York City with his wife, Lisa, played by Cobie Smulders. While the couple finds some comfort being surrounded by their old classmates again, things get complicated thanks to Ethan's affair with their mutual friend Sam (Annie Parisse).

"I think Ethan and Sam don't even realize they're really having an affair until they move back," the 46-year-old actor says. "They're trying so hard to stop, [but] they have this kind of animal magnetism to each other."

Check out more from our recent chat with Key.

Did you and your actual college friends have any weird rituals or games like Ethan and his pals?
We would go places and then pretend to speak in a foreign language. We'd make up a foreign language and we would speak in a foreign language that sounded like, I guess Czechoslovakian, something kind of Eastern European.

We would just try to see if we could make people at restaurants murmur about us. Like, "That guy's black and that girl's white. They're speaking a different language. Are they from the Netherlands? Where are they from?" You wanted to see if you could make other people talk about you. That's what theater nerds do when they go to college.

You're doing a production of "Hamlet" in New York. Fans probably shouldn't expect any "Julius Caesar"-style controversies, right?
It's interesting, the "Julius Caesar" [controversy]. Everyone has a right to protest. [But] I take a little bit of umbrage because I would like people to understand exactly what they're protesting.

GETTY IMAGES

First of all, [this is] not the first time a president has been depicted as Julius Caesar. Second of all, Julius Caesar was very, very popular with the Roman people. It was the other people in power around him that assassinated him. It wasn't a wholesale decision to just assassinate him, and by the way, the lesson of the play is that the people who assassinated him were the greedy people who were opportunistic, and they are the ones who get punished at the end of the play.

The problem is, you jumped on stage and decided to protest, so you didn't see the play. You didn't actually see what the play was about. I encourage everybody — liberal, conservative, everybody — to feel free to protest, because we still get to do that in this country. But at least be informed. Keep your mouth shut, get all the facts and then talk.

How mad is Obama's anger translator with the current administration?
Oh, Luther had a heart attack about four weeks ago. No, Luther is in critical condition in the hospital with tubes coming out of his body. Actually, Luther's body was found on the street the other day in a bloody mess. His head was found completely exploded about seven blocks away. Luther would not have been able to handle this. Thank God the president's retired.

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JENNIFER LOGUE
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Summer camp isn't just for the kids anymore thanks to Chaddsford Winery. On July 15, it kick off its adult-summer-camp series at its flagship location, which features loads of outdoor activities and, of course, lots of drinking.

"It's an opportunity for people to tap into their inner child and embrace pure fun," says Lauren Pasquini, marketing communications manager at Chaddsford Winery. "We do an adult trick-or-treat in October, and this was a way to let adults act like kids for the day in the summer, too."

Upon arrival, guests will be given either a white or gray Chaddsford Winery T-shirt, which will determine their team for the day. (There's nothing quite like a little friendly competition!) Guests will then enjoy a wine tasting featuring Chaddsford Wine followed by a beer tasting from the nearby Locust Lane Brewing (based in Malvern).

"Our 2016 sauvignon blanc will be on the menu and was just released in May, as well as our dry rosé, which is really popular," Pasquini notes. "It's the perfect wine to drink this time of year, with a blend of three locally grown grapes."

Once the tastings have wrapped up, team-based activities for the day begin and include corn hole, a scavenger hunt, sack races, tug-of-war and kickball.

"We'll be tallying up who wins each activity each day," adds Pasquini. "Prizes have not been determined as of yet."

After all of that exercise, participants can refuel and unwind with a pig-roast dinner, making s'mores around a fire pit and joining in on an acoustic sing-a-long session.

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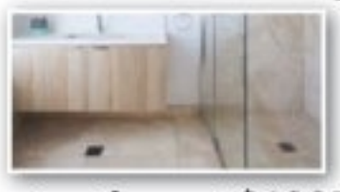

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Channel your inner Queen Bey at Priya Hot Yoga on July 14 and July 21. GETTY IMAGES

You already listen to Beyoncé to get pumped before a big night out or a morning at the gym, so how about incorporating Queen Bey into your yoga practice? Thanks to Priya Hot Yoga, you can do just that with its "Beyoncé Yoga Experience," an intense, heated 90-minute Vinyasa flow class set to the beat of Beyoncé on July 14 and July 21.

"I adore Beyoncé and everything she embodies — fierceness, power, sexual expression and feminine badass-ery," says class instructor Brittany Policastro on launching the series. "I've heard of these classes being done in the past and I am queen of the yoga dance party, so it felt like the perfect combination."

In addition to the yoga, Policastro says to expect lots of singing and dancing. She also encourages attendees to dress up and "do Beyoncé proud."

"Wear yoga or workout clothing you would normally wear but with a Bey flair. I will be wearing a purple yoga romper and my gold hoops," she says. "We will also be selling special 'I Slay' tank tops for both workshops."

If you're new to yoga, Policastro does not recommend starting here, however.

"This particular class isn't recommended for beginners because of its intense and faster-paced flow. However, it's up to the practitioner if they feel able to handle it," advises Policastro.

So what Beyoncé tunes can we expect to hear in the playlist? You'll have to come to class to find out but Policastro will be taking requests via the Priya Hot Yoga Facebook page.

If you go:

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Kimberly Snyder's weight-loss tips for summer

Celeb nutritionist and "The Beauty Detox Solution" author on how to get fit and healthy for the season.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Kimberly Snyder gives advice on how to have a healthy summer. PROVIDED

Now that summer is here, looking good and feeling good is on everybody's minds. We asked celebrity nutritionist and New York Times bestselling author Kimberly Snyder her advice for healthy weight loss so we can feel and look our best during the warmer months.

Her philosophy: Consume foods that make digestion easier for your body. "Digestion is such an energy-intensive process," Snyder explains. "When you free up energy from digestion, it can go into cleansing and detoxification and aid weight loss." Here's how.

Focus on smoothies

Smoothies, besides being cool and refreshing for the summer, are blended, so they're predigested and easy to break down in your body.

She recommends her "glowing green" smoothie for summer mornings. It combines organic fruits — lemon, banana, pear, apple — and vegetables — spinach, romaine and celery — for a low calorie, high fiber protein, antioxidant, vitamin and mineral-rich drink that will fill you up and energize you for your day.

For an afternoon snack to tide you over between lunch and dinner, she recommends her power-protein smoothie. It blends almond milk or water, hemp or brown-rice protein powder, chia seeds and acai, with a touch of cinnamon and vanilla and stevia for a hint of sweetness, and will help you power through without turning to carbs or junk.

Hydrate, hydrate, hydrate

Being dehydrated can often confuse us into thinking we're hungry when we're actually thirsty. Staying hydrated will keep your appetite in balance and help to flush out your system.

But make sure you're hydrating with the right liquids, Snyder says: water and herbal tea. Begin your day with hot water and lemon. The lemon helps support your liver, your body's main detoxifying organ, she explains. Avoid dairy and cut out sodas — including diet.

Keep your meals simple

"We live in a world where there's so much choice," she says. "Having 20 different things on your plate can lead to bloating and digestive overload because your body has to break down each one." Instead, fill your meals with more of fewer items, she says. For example, a meal could be veggies, quinoa or lentils, and fish.

Get your gut in check

Snyder recommends taking "soil-based-organism" probiotics daily. While yogurt and kombucha are good for the gut, they're what Snyder refers to as "transient probiotics," which pass through your system, as opposed to "resident-forming probiotics," which help grow good bacteria and an environment that maintains strong gut health. Snyder says her acne, weight gain and candida cleared up after she incorporated SBO probiotics into her diet.

Find Kimberly Snyder's smoothie recipes at kimberlysnyder.com

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Joel Embiid is the life of the party in Philadelphia no matter where he goes or what he does. GETTY IMAGES

DEAR JOEL EMBIID: PLEASE DON'T EVER CHANGE — NOT A SINGLE THING

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Stay on Twitter, tweaking Kristaps Porzingis. And on Instagram, cursing out LaVar Ball. Rip off your shirt and dance at Meek Mill concerts. Show up at nightclubs and party in your own Sixers jersey. Grab your iPhone and publicly proclaim love for your teammates, fans and "The Process" dozens of times a day.

Do it all. Laugh. Mock. Opine. Occasionally, you may look foolish, or get slapped with a $10,000 fine by those humorless drones in the NBA. But don't let that intimidate you any more than, say, the Toronto Raptors that night back in January when you stuffed a last-ditch Kyle Lowry floater attempt and then sank two free throws to seal a rare win.

This city, this fan base, needs Embiid. Our teams are in a rut. Our superstar roster is tissue-paper thin. Those who get credited as stars are, shall we say, dull as boiled fish — unless you like hunting elk in Dakota. That's not arguing we can't rally behind Carson Wentz or Claude Giroux or anyone who steps up. But we haven't had a compelling sports personality in town since Chip Kelly left — and we hated him anyway.

Embiid can become the guy who combines on-court brilliance with off-court wit, accessibility and an occasional controversy. He has already figured out social media better than any athlete I've ever seen. Mavs owner and marketing genius Mark Cuban said last week that sports now belongs to the players who can master that form of communication — which makes Embiid the emperor.

If you're not currently following @JoelEmbiid on Twitter, you are missing out on everything from reviews of obscure TV shows, to subtle, clever tributes to Sam Hinkie, to Embiid encouraging teammate Ben Simmons to "dunk on [Lonzo Ball] so hard that his daddy runs on the court to save him."

Of course, this only works if Embiid stays healthy and fulfills the promise we saw in 31 games last season. No one can honestly forecast that, most especially, it appears, the Sixers medical staff. And maybe the time will comes when the honeymoon ends, as has before with everyone from Lindros to McNabb to Iverson to Ryan Howard.

Or maybe the love affair doesn't have to fade. Because maybe Embiid proves to be unique. I can't think of a local player ever who arrived like him — unguarded, funny, smart, always upbeat. Charles Barkley is probably the closest. But even from the beginning, Charles could demonstrate that sarcastic bite toward fans, teammates and management that seems outside Embiid's repertoire.

The NBA is the one league built on its stars' personalities. Tickets are sold because fans want to watch Steph Curry's pregame warmup routine. Broadcasts don't promote teams, they promote Westbrook vs. Harden. One of the biggest stories this summer centers on where Lebron James might go next year.

Embiid can be one of those personalities. Here's raising a Shirley Temple in hopes that he never changes.

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Sixers have found perfect fit with veteran Redick

In a mutually agreeable partnership, the Sixers and J.J. Redick appear to be a match made in heaven.

ANDY JASNER
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sports@metro.us

Now that Markelle Fultz's ankle injury appears not to be too serious, the 76ers can exhale and start focusing on training camp.

Fultz, the No. 1 overall pick from the University of Washington, has been ruled out for the remainder of the summer league to rest his balky ankle.

Obviously, all eyes have been on Fultz since the NBA draft took place.

Earlier this month — July 1, to be exact – the Sixers took a major step forward in their progress as an organization when they agreed to terms with free agent guard J.J. Redick. The one-year, $23 million deal is now official and proves to the rest of the league that the young Sixers are willing to spend money in moving their program forward from the 75 total wins in the last four combined seasons.

This move was big for many reasons, especially with Redick being willing to join an up-and-coming team.

"I'm just really excited to be a part of the Sixers family," Redick said. "Truthfully, for the eight weeks between the season and free agency, as we got closer and closer to free agency, I wanted to be in Philadelphia. That was the place I wanted to be. I thought it was the best fit. When the trade happened around the draft it just really solidified my feelings about where I wanted to be. Getting to meet with Bryan and coach [Brett] Brown and basically, the whole Sixers organization was just a great experience and now I'm just really excited."

The 33-year-old Redick fills a monumental gap — shooting. He hit nearly 43 percent from beyond the arc last season for the Los Angeles Clippers. Over the last four years, shooting has been a constant problem for the Sixers.

Redick can make shots. He can now pave the way for other marquee names to sign in Philadelphia as it continues to build back to the playoffs.

"I told Brett Brown this when we met on July 1, the Sixers haven't been very good," Redick said. "There's something about his disposition, the way he has coached this basketball team, the way he has embraced the process. The spirit of the Sixers has never been broken. That speaks volumes to coach Brown. To be honest, he was probably the biggest factor in this decision. He is someone I have watched and I've wanted to play for. I'm thrilled to be playing for him next year. For me personally, that was the biggest thing. Just the fit of playing in his system and of course the young talent this team has and where I fit and sort of complement their talents, I think it's a great match."

J.J. Redick fills a number of needs for the Sixers, like veteran leadership and outside shooting ability. GETTY IMAGES

Getting to this point in free agency has been a gargantuan task. This is a big-time first step.

"It speaks to the temperature in the market right now, people are looking at us as an up-and-coming team," president of basketball operations Bryan Colangelo said. "A wealth of young talent that is on the cusp of something special. We've put ourselves in a position, obviously, to have the flexibility to add players like this. To be considered a positive place and a really exciting destination, we've turned the corner in that regard."

As Fultz's ankle heals and prepares to join Joel Embiid, Ben Simmons, Dario Saric and Redick, the Sixers are expected to improve. Adding Redick will make them even better. If they have a successful season, another draft class and free agency could really push them to the next level.

And they'll have Redick to thank for starting the chain of events.

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 27, 2017** at **1PM** at the Safeguard Self Storage facility located at **3300 Frankford Avenue, Philadelphia, PA 19134.** The personal goods stored in the following space numbers by the following tenant(s):
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#4811 - Monica Figueroa, #4613 - David Gonzalez, #4714 - James Higgins,
#4518 - Troy Lewis, #2105 - Lisandra Martinez, #1209 - Kolleen McSwiggan,
#2316 - Joseph Montenaro, #4108 - Edward Reiman, #3314 - Jacquelin Thomas
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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **July 27, 2017 @ 12:00PM** at the Safeguard Self Storage facility located at **830 East Hunting Park Ave. Phila, PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#3122-Ivette Rodriguez • #2101-Yolanda Torres • #3704-Veretta D Toney • #1306-Pierre Shannon
#3534-Jarquanda Rosser #3531-AISHA RICHARDSON • #3313-Derrice Mason • #3310-Patrick Keysey
#2133-Nicole Jennings • #1228-Juan Gomez • #3219-Irma Colon #2423-LOLA COGBILL
#3520-Michael Burton • #2225-Jeanine C Avery • #3526-Euphemia Alagbe
#3224-Louise Abraham • #3122-Evette Rodriguez
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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
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safeguard self storage
#1132-Victoria Jones, #1708-Matthew Hubbart,
#1801-Kaitlyn Bell, #2631-Salvatore Iannitto,
#2816-Debra Mariner, #3221-Mark Hillman, #2813-Brandon Mosley.
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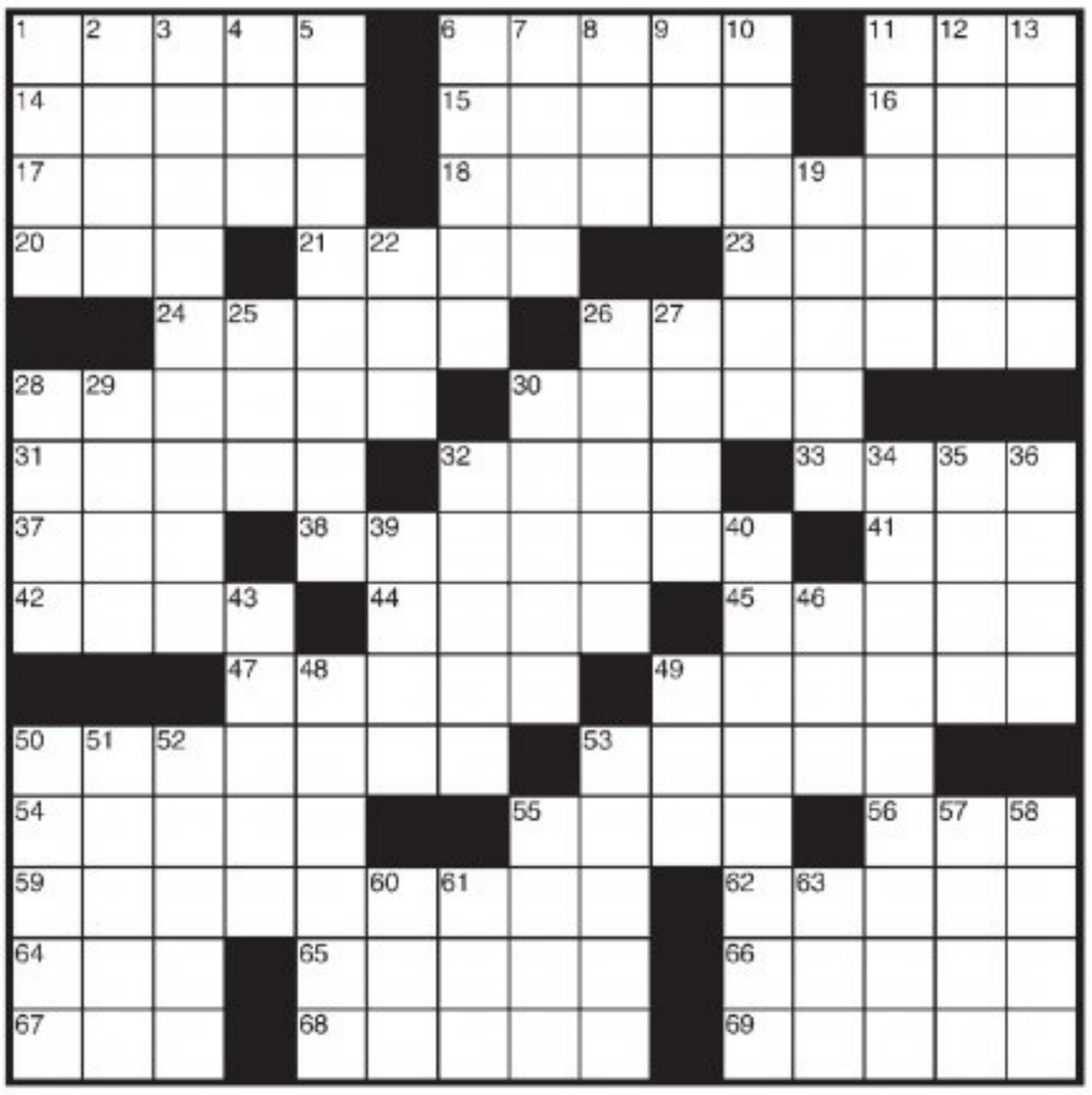
Across

1 Look out --!
6 Meager
11 I love (Lat.)
14 Sherlock's lady friend
15 Comfortable
16 Edge
17 Roll with a hole
18 Plead irksomely
20 RR terminal
21 "Stormy Weather" singer
23 Knight's gear
24 Small cities
26 1950s card game
28 Play postscript (var.)
30 Foals
31 Dove or pigeon
32 Family man
33 Get wind of
37 Ely of "Tarzan"
38 Tidies up
41 Farrow of "Zelig"
42 Big Dipper bear
44 Road map info
45 Selflessly
47 Farm machine
49 Bog
50 Musical intervals
53 Less common
54 Hearth
55 International agreement
56 Chafe
59 Wagner opus
62 Angry
64 "The Name of the Rose" author
65 Departing
66 Sense organs
67 Get a load of
68 Summon
69 Mural undercoat

Down

1 Apron tops
2 Latin 101 word
3 Diplomatic missions
4 Individual
5 Showing signs of much use (hyph.)
6 Knee neighbors
7 Robin Cook book
8 Elec. unit
9 Prefix for classic
10 Despot
11 Grads
12 North Dakota city
13 "Tosca," e.g.
19 Litter
22 MIT grad
25 Pamplona cheer
26 Rises to the occasion
27 Mr. Greenspan
28 Linen color
29 Broke
30 Provide eats
32 Liver pastes
34 Make blush
35 Has a fever
36 Sunbeams
39 Perry's penner
40 Huffing
43 Slacken off
46 Crude metal
48 Get even for
49 Big burger
50 Leers
51 "I've Got a Name" singer
52 Lake near Reno
53 Target-practice area
55 Healthy hue
57 Navajo foes
58 Baja kiss
60 Admin. head
61 John Wayne's "-- Lobo"
63 Unhatched fish



metro.us/sudoku

easy

6						3		2
7			4	8			5	
		2	1			7	4	
				2				9
	2		3		7		6	
8				9				
	8	6			5	2		
	7			4	3			5
3		9						7

hard

	5		9	3				
7					8			
8	6	9		2		3		
4			7				2	
	2	5				9	3	
	8				3			1
		2		5		1	8	4
			1					3
				8	2		7	

metro.us/horoscopes

Aries Rely on your insight and experience to handle situations that could influence your personal or professional position. Proceed with caution and listen carefully to others.

Taurus Use your physical attributes to help get things done your way. Emotional tactics will work wonders when dealing with someone who is trying to get the better of you.

Gemini Communication will open a window of opportunity. Network, get involved in activities or groups that you find stimulating and explore new possibilities.

Cancer Anger is a waste of time. Use your energy to accomplish something meaningful. Productivity is the key to getting ahead. Find inspiration to make better life choices.

Leo You'll be surprised by the opportunities that come your way. Don't hesitate to say yes and do your part if you want to reap substantial rewards.

Virgo Stay focused on what you need to finish. Being sidetracked by what others are doing will lead to major delays. Call in favors if it will help you fulfill an obligation.

Libra Taking day trips, attending business or networking functions or spending the day with youngsters will help you expand your relationships with others and inspire you.

Scorpio Get the go-ahead before you make changes. Someone will overreact if you aren't up-front. Choose an alternative lifestyle if your current one isn't working.

Sagittarius Do your best to please others, but also work hard to further yourself. Offer canny suggestions and smart options. Your enthusiasm will help win you approval.

Capricorn Make a positive change that will encourage personal growth. Taking care of your physical and emotional needs will encourage better health.

Aquarius Your charm, inquisitive nature and witty demeanor will set the stage for an interesting day, filled with exciting ideas and plans. Partnerships look promising.

Pisces An unexpected opportunity will come through a back channel. Don't be too quick to take a leap of faith. Not everything or everyone will be on the up and up. EUGENIA LAST

Yesterday's answers

Y	A	H	O	O	■	M	A	S	H	■	F	L	I	P
E	L	E	N	A	■	H	I	K	E	■	L	A	C	E
A	D	A	I	R	■	O	D	I	N	■	A	R	E	A
R	A	T	T	L	E	■	A	R	C	H	I	V	A	L
■	■	■	■	O	R	B	■	T	H	O	R	A	X	■
P	A	N	A	C	E	A	■	■	M	R	S	■	■	■
A	B	A	C	K	■	T	O	G	A	S	■	P	A	R
L	E	S	E	■	C	H	U	R	N	■	H	O	P	I
S	E	A	■	A	L	E	T	A	■	T	A	C	I	T
■	■	■	T	V	A	■	■	D	A	Y	T	O	N	A
■	E	G	R	E	S	S	■	E	S	C	■	■	■	■
C	L	E	A	R	S	U	P	■	H	O	W	L	E	D
O	W	E	D	■	I	G	E	R	■	O	R	A	T	E
E	A	S	E	■	N	A	T	O	■	N	A	V	A	L
D	Y	E	D	■	G	R	E	W	■	S	P	A	T	E

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